

# DULLES SOUTH GROUP EXERCISE SCHEDULE

All Fitness Classes for Ages 16+

Effective June 8, 2021 to June 30, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Zumba</b> 9:00-10:00am Kelly N. #405500-01 Group Ex Room Max 16	<b>South Side Boot Camp</b> 5:05-6:00am Caleen #405506-01 Group Ex Room Max 16	<b>REFIT</b> 9:00-10:00am Mary-Ann #405510-01 Group Ex Room Max 16	<b>South Side Boot Camp</b> 5:05-6:00am Caleen #405506-02 Group Ex Room Max 16	<b>Cycle</b> 8:30-9:30am Kati #405504-05 Group Ex Room Max 14	<b>Hatha Morning Flow</b> 8:05-9:00am Sharlene #405524-01 <b>Dance Room</b> Max 16	<b>Strong Heart Slow Flow</b> 8:05-9:00am Sharlene #405525-01 Group Ex Room Max 16
<b>Water Fit</b> 9:30-10:30am Andrea #405501-01 Comp Pool Max 24 <b>*Starts 6/15</b>	<b>Water Fit</b> 9:30-10:30am Andrea #405501-02 Comp Pool Max 24 <b>*Starts 6/15</b>	<b>Water Fit</b> 9:30-10:30am Amanda #405501-03 Comp Pool Max 24 <b>*Starts 6/15</b>	<b>Water Fit</b> 9:30-10:30am Andrea #405501-04 Comp Pool Max 24 <b>*Starts 6/15</b>	<b>Water Fit</b> 9:30-10:30am Andrea #405501-05 Comp Pool Max 24 <b>*Starts 6/15</b>	<b>Pound w/ Ripstix</b> 8:05-9:00am Cara #405512-02 Group Ex Room Max 16	<b>Strong Nation</b> 9:15-10:15am Yon #405508-03 Group Ex Room Max 16
<b>Strength Express</b> 11:00-11:45am Mitch #405502-01 Group Ex Room Max 16	<b>Body Sculpt</b> 9:00-10:00am Tamara #405507-01 Group Ex Room Max 16	<b>Gentle Yoga</b> 11:30-12:30pm Jody #405511-01 <b>Dance Room</b> Max 16	<b>Body Sculpt</b> 9:00-10:00am Tamara #405507-02 Group Ex Room Max 16	<b>Zumba</b> 10:00-11:00am Angela #405500-05 Group Ex Room Max 16	<b>Cycle</b> 9:15-10:15am Mike #405504-06 Group Ex Room Max 14	<b>Zumba</b> 10:30-11:30am Yon #405500-07 Group Ex Room Max 16
<b>Hiit Express</b> 12:00-1:00pm Mitch #405503-01 Group Ex Room Max 16		<b>Hiit Express</b> 12:00-1:00pm Mitch #405503-02 Group Ex Room Max 16		<b>Gentle Yoga</b> 11:30-12:30pm Jody #405511-02 <b>Dance Room</b> Max 16	<b>Zumba</b> 10:45-11:45am Jenna #405500-06 Group Ex Room Max 16	
<b>Cycle</b> 4:45-5:45pm Kati #405504-01 Group Ex Room Max 14	<b>Strong Nation</b> 4:45-5:45pm Angela #405508-01 Group Ex Room Max 16	<b>Cycle</b> 4:45-5:45pm Christina #405504-03 Group Ex Room Max 14	<b>Cycle</b> 4:45-5:45pm Victoria #405504-04 Group Ex Room Max 14	<b>Hiit Express</b> 12:00-1:00pm Mitch #405503-03 Group Ex Room Max 16	<div data-bbox="1200 1255 1347 1365" data-label="Image"> </div> <p><b>Dulles South Recreation and Community Center will be closed for annual maintenance 6/1-7. The Competition and Leisure pools will be closed for maintenance 6/1-14.</b></p> <p><b>Call or follow us on Facebook for updates.</b></p>	
<b>Hatha Yoga</b> 4:45-5:45pm Jody #405505-01 <b>Dance Room</b> Max 16	<b>Cycle</b> 6:15-7:15pm Mike #405504-02 Group Ex Room Max 14	<b>Zumba</b> 6:00-7:00pm Jenna #405500-03 Group Ex Room Max 16	<b>Zumba</b> 6:00-7:00pm Chiharu #405500-04 <b>Dance Room</b> Max 16	<b>Strong Nation</b> 6:00-7:00pm Mariam #405508-02 Group Ex Room Max 16		
<b>Zumba</b> 6:15-7:00pm Mariam #405500-02 Group Ex Room Max 16	<b>Dance Fit</b> 7:15-8:15pm Kelly H. #405509-01 <b>Dance Room</b> Max 16	<b>Pound w/Ripstix</b> 7:15-8:15pm Cara #405512-01 Group Ex Room Max 16	<b>Vinyasa Yoga</b> 7:15-8:15pm Katerina #405516-01 Group Ex Room- Max 16	<b>Sunset Flow</b> 6:00-7:00pm Sharlene #405523-01 <b>Dance Room</b> Max 16		



Six month and Annual passholders may register for classes starting at 6am the day before, and up until two hours before class start time. Anyone without a registration must receive a CEC card to enter class. CEC cards will be available at the front desk 30 minutes before the start time of class.

Schedule/class format is subject to change. If a sub is needed, all efforts are made to provide a class that reflects the posted format.

At times this is not possible, or a class must be cancelled.

No entry into class after ten minutes past the start time of class.

All classes for Ages 16 and up. Classes are suitable for all levels, unless otherwise noted.

### Cardio, Core, and Strength

Body Sculpt—A total body and conditioning class using free weights, body bars, bands and your own body weight. Great for beginner to advanced.

Cycle—Work on building your muscular and cardio endurance while rockin' it out to your favorite music! Sprint and climb while navigating high intensity intervals. All cycling classes are beginner friendly.

Hiit Express—Want big results in a short amount of time? Burn calories and get fit with this high intensity interval class.

Pound with Ripstix—Become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

REFIT—Movement plus music experience that adds resistance training elements to give you a total body workout. Easy to learn movements, inspiring music and a calorie burning workout for all levels.

Southside Bootcamp—Join this fast paced class that is appropriate for all fitness levels. The focus is on increasing strength and endurance using various training methodologies.

Strength Express—This 45 minute class focuses on muscular strength and endurance. Create lean muscle that will increase your metabolism and shape your body.

Strong Nation—A revolutionary high-intensity workout

### Mind and Body

Gentle Yoga—“Easy does it.” This class is ideal for anyone wanting a slower paced class. We will be gently opening and strengthening the body, connecting with our breath, and calming the mind. Great way to reset yourself for the rest of the day. Please bring a Yoga mat.

Hatha Morning Flow—An energizing flow to start your weekend. This class is appropriate for all levels. Please bring a Yoga mat.

Hatha Yoga—Hatha Yoga consists of the classic sun salutation, held postures, breathing practices, meditation, and a guided deep relaxation. You will learn how to balance effort and ease, allowing you to discover the optimal flow of energy to achieve greater flexibility, strength, poise, and mental focus. Students are encouraged to explore each posture at their own pace without strain or judgment, always honoring the body. This class is designed for all levels. Please bring a Yoga mat.

Strong Heart Slow Flow—A strong heart is a peaceful heart. Ease into your day with this moving meditation designed to soothe your mind and heart, and stretch and strengthen your body. Suitable for all levels, this class will leave you feeling calm and focused, and ready to start your week. Please bring a Yoga mat.

Sunset Flow—Unwind and put aside the tensions of the day with this relaxing flow suitable for all levels. You will leave feeling focused and relaxed. Please bring a mat.

Vinyasa Yoga—Build endurance, flexibility, and mental focus in this dynamic flow that synchronizes breath and movement. Please bring a Yoga mat.

### Dance

Zumba—A dance party with high-tempo music and the latest dance moves from Salsa, Samba, Merengue and hip-hop, this class is guaranteed to whip you into shape and energize your day.

Dance Fit—A hi-lo impact dance class with Latin style. Learn Salsa, Samba, Merengue and more while getting a great workout.

### AQUATICS

Water Fit—This is a fun, fast-paced water class that combines cardio, core, and strength all while using the water's resistance to create a low impact, all-levels workout in the Competition Pool.